

Dress Right, Dress
Spangdahlem Air Base
Instruction 31-204

A reflective belt or vest will be worn when walking during nighttime or dusk or in limited visibility conditions. The reflective belt will only be worn around the waist when in uniform. Any other wear fashion is prohibited.

News Briefs

Operation Season’s Greetings

Concerts and other entertainment takes place Nov. 24 in the Spangdahlem AB fitness center. Headliners include Mary Therese from WMAZ Radio in Georgia, the New England Patriots cheerleaders, comedian Andy Andrews, the gold-album selling band Restless Heart, the Band of the Air Force Reserve and the U.S. Air Forces in Europe Band. A “Most Obvious Fan” contest takes place Nov. 23 from 5:30-6:30 p.m. in the Brick House. Winners receive two backstage passes and two reserved seats at the Nov. 24 concert. Call Jake Jacobs at 452-7381 or Denise Rossignol for more information.

Unaccompanied Thanksgiving

A wing-wide Thanksgiving dinner for unaccompanied wing members takes place Thursday at 5 p.m. in the Spangdahlem AB Chapel. An ecumenical celebration service starts the event followed by musical entertainment and personal reflection. Call Chaplain (Maj.) Dennis Saucier at 452-6711 for details on this Combat Touch program.

Survivor Benefit Plan

A retiree’s survivors can receive a portion of the retired pay through participation in the survivor benefit plan. A member’s retired pay stops when the retiree dies without participation in the SBP. The base amount determines the cost to the retiree and the survivor’s annuity. For more information about the SBP, call Staff Sgt. Kim Armijo at 452-5519.

Chili cook-off

The Team Eifel Top 3 Chili Cook-off takes place today in front of the Spangdahlem AB main exchange from 11 a.m. to 1 p.m. The event is in support of Operation Warm Heart. Contestants must be able to eat their own chili. Categories include the hottest, most original and best tasting. Winners are awarded \$50 Army, Air Force Exchange gift certificates. 110 voltage is available at the event. E-mail Master Sgt. Robert Hughes or Senior Master Sgt. John Hemmy for details.

Operation Warm Heart

To provide financial assistance for holiday meals to families in need, first sergeants and chaplains accept cash donations from private base organizations, local communities and individuals. The chapel has designated selected offerings specifically for OWH and the first sergeants have positioned collection containers throughout the base including unit orderly rooms, Club Eifel, the post office and billeting. Call Master Sgt. Thomas Wilson at 452-6303 or visit a wing first sergeant or chaplain for more information.

Hammer
time!

Bagram Air Base accommodations get a face lift.

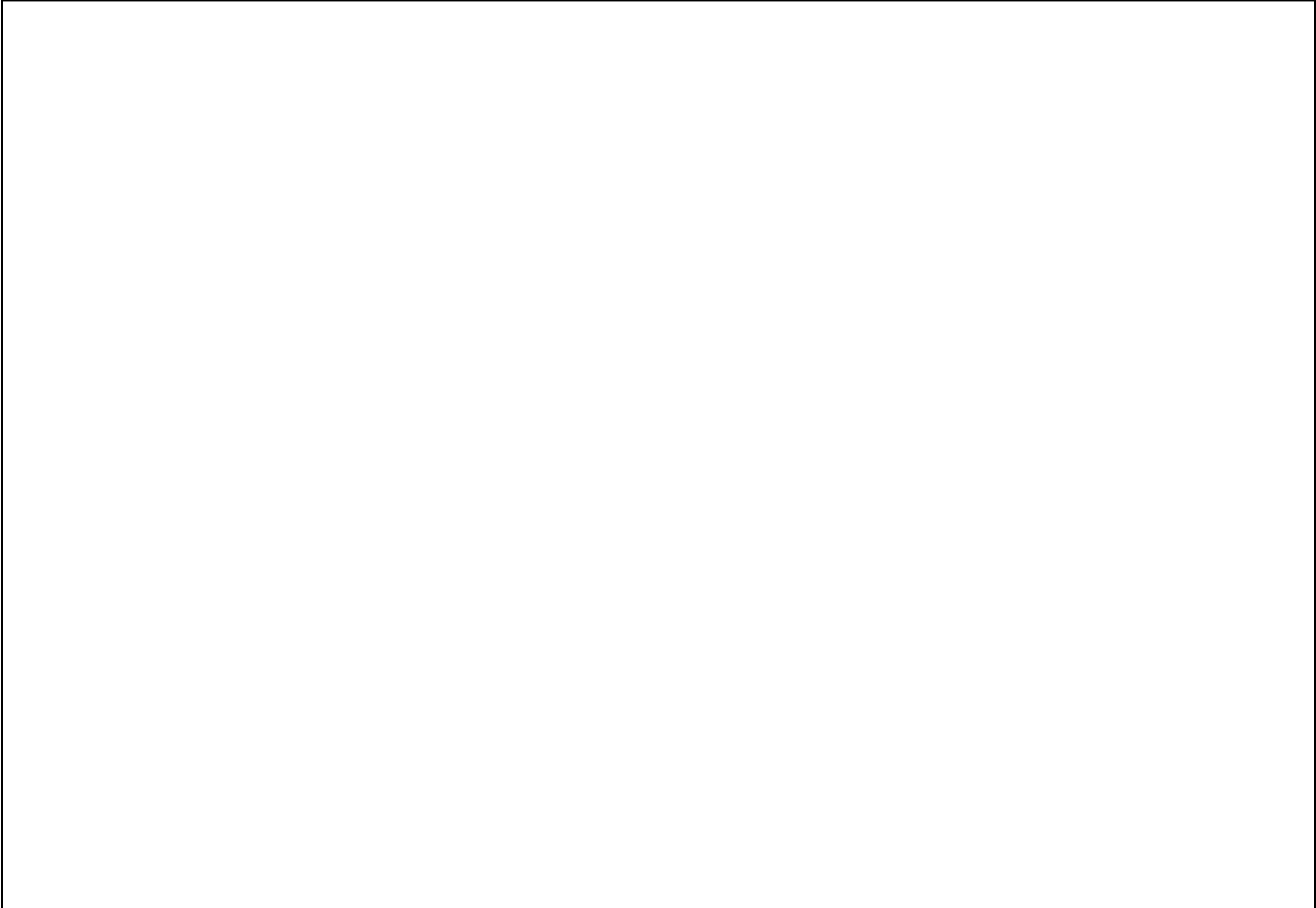
Read “Movin’ on up: Bagram AB airmen upgrade from tents to wooden huts,” on Page 4

Eifel Times

Vol. 37, Issue 42

Spangdahlem Air Base, Germany

Nov. 14, 2003



Airman 1st Class Amaani Lyle

Bin-loadin’

Spangdahlem Air Base is one of the two semifinalists in the Headquarters U.S. Air Forces in Europe Daedalian Award competition for supply effectiveness. The award has evolved to recognize the logistics readiness squadron that has excelled and made outstanding contributions to the readiness mission. Above, Airman 1st Class Michael White, 52nd LRS storage and issue clerk, stocks a hose assembly into a bin location. Tech. Sgt. Kenneth Castex, 52nd LRS storage and issue NCOIC, said his team, which covers 24-hour operations in three shifts, is responsible for thousands of F-16 and A-10 aircraft parts totaling millions of dollars. "We pull, store, receive and issue everything from tires to toilet paper," he said.

Spang personnel encouraged to buckle up to avoid seatbelt fines

Security forces, safety to enforce zero-tolerance for lack of restraint

By Capt. Matt Pignataro
52nd Security Forces Squadron

Starting Monday, the wing security forces and safety offices join more than 12,000 U.S. law enforcement agencies for the National Highway Transportation Safety Administration’s 2003 Click It or Ticket campaign.

The program is aimed at convincing motorists to wear their seatbelts and use proper child restraint systems. Members of the Eifel community can expect to see security forces and safety members patrolling on- and off-base checkpoints.

A zero-tolerance policy will be in effect for offenders. Drivers caught not wearing their seatbelts earn two-point tickets and an automatic seven-day suspension of their U.S. Army Europe (USAREUR) licenses.

Last year, more than 14,000 adult

In a nutshell ...
Click it or
Ticket
Drivers not wearing their seatbelts and who don’t buckle-up their children in the car earn two-point tickets and an automatic seven-day suspension of their USAREUR license.

Americans who weren’t wearing seatbelts died in traffic accidents. More than 850 children under age 15 who weren’t buckled up were killed. Seatbelts are proven lifesavers that

require little effort on the part of the driver and passengers. Additionally, buckling up is the law.
“The only proven way to get significant increases in belt use among young people and ultimately save lives is through high visibility enforcement,” said Lt. Col. Larry Laird, 52nd Security Forces Squadron commander. “Teens and young adults are killed at far higher rates in crashes because they are caught at the lethal intersection of inexperience, risk taking and low safety belt use. These tragedies are predictable and therefore preventable, using proven techniques like high visibility enforcement mobilizations. Unfortunately, for many non-seat belt users, and especially young people, the threat of a ticket has proven to be a greater inducement to buckle up than the threat of injury or death.”

Attention wing singles:
Check out the Project CHEER insert inside!

IDEA officials ‘tank’ fuels NCO for suggestion with \$7K check

Redesigned stand projected to save \$57,000-plus annually

By Staff Sgt. Lindley Hummel
52nd Fighter Wing Manpower and Organization Office

“Show me the money!” a popular phrase from the movie, “Jerry McGuire” has meaning to a certain airman here at Spangdahlem Air Base.

Innovative Development Through Employee Awareness program officials presented Staff Sgt. Richard Reif, 52nd Aircraft Maintenance Squadron training manager, a \$7,617 check Oct. 29 for his time- and money-saving suggestion concerning F-16 external fuel tank stands.

The challenge that Spangdahlem AB and other F-16 fighter bases face is using Vietnam-era F-4 external wing fuel tank stands to store the 370-gallon tanks when they’re not in use. The problem is that the stands can’t be used properly with the F-16 dolly that maintainers use to load the tanks on and off the aircraft.

To move the fuel tank on and off the old stands, four maintainers have to slide the tank length wise from the dolly to the stand or from the stand to the dolly. This takes about

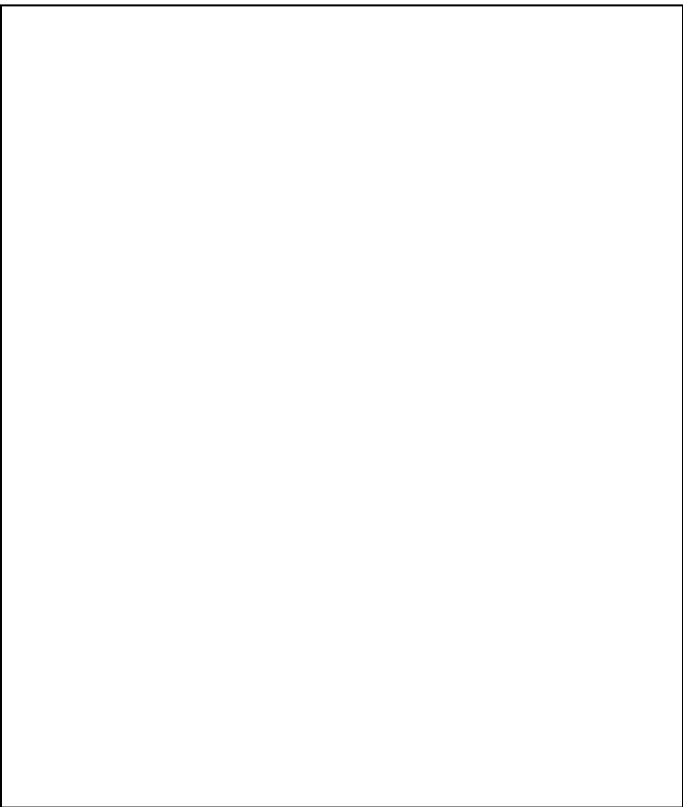
15 minutes. Moving the tanks in this manner increases the risk of the tanks getting scratched or dented. It also increases the risk of someone getting hurt should the tank fall.

This past year, the 52nd Fighter Wing spent more than \$57,079 and more than 268 hours on fuel tank repairs, which resulted from using the outdated stands.

To solve the problem, Staff Sgt. Reif submitted a new design for the tank stands. Using the 52nd Aircraft Maintenance Squadron tank stands, it only takes two maintainers five minutes to transfer the fuel tanks on and off the F-16.

The new fuel tank stands cost the wing \$25,000, which is less than half of what it costs the wing annually in tank repairs alone. For his highly-effective, money-saving suggestion, Air Force officials awarded the NCO \$7,617, which is 10 percent of the total cost his suggestion saves the wing annually.

Team Eifel members interested in submitting their money-saving work center ideas can visit the IDEA program Website at <https://ideas.randolph.af.mil/>. People can also call Staff Sgt. Lindley Hummel at 452-6922 to request him to “Show them the money.”



Airman 1st Class Amaani Lyle

Staff Sgt. Richard Reif, 52nd Aircraft Maintenance Squadron training manager, peruses an inspection checklist for his new-and-improved external wing fuel tank stand. Sgt. Reif said there may be plans for the tank stands to be used fleet-wide, which would make them a standard throughout the Air Force.

CE squadron paves way for Bitburg Annex’s new gate

All roads may lead to Rome, but wing’s latest leads to B-50

By Staff Sgt. Paul David Blinkinsop
52nd Civil Engineer Squadron

The 52nd Civil Engineer Squadron is taking great strides to help improve the commute between Bitburg Annex and Spangdahlem Air Base. Planning began in July for a new main gate on Bitburg Annex with direct access to B-50.

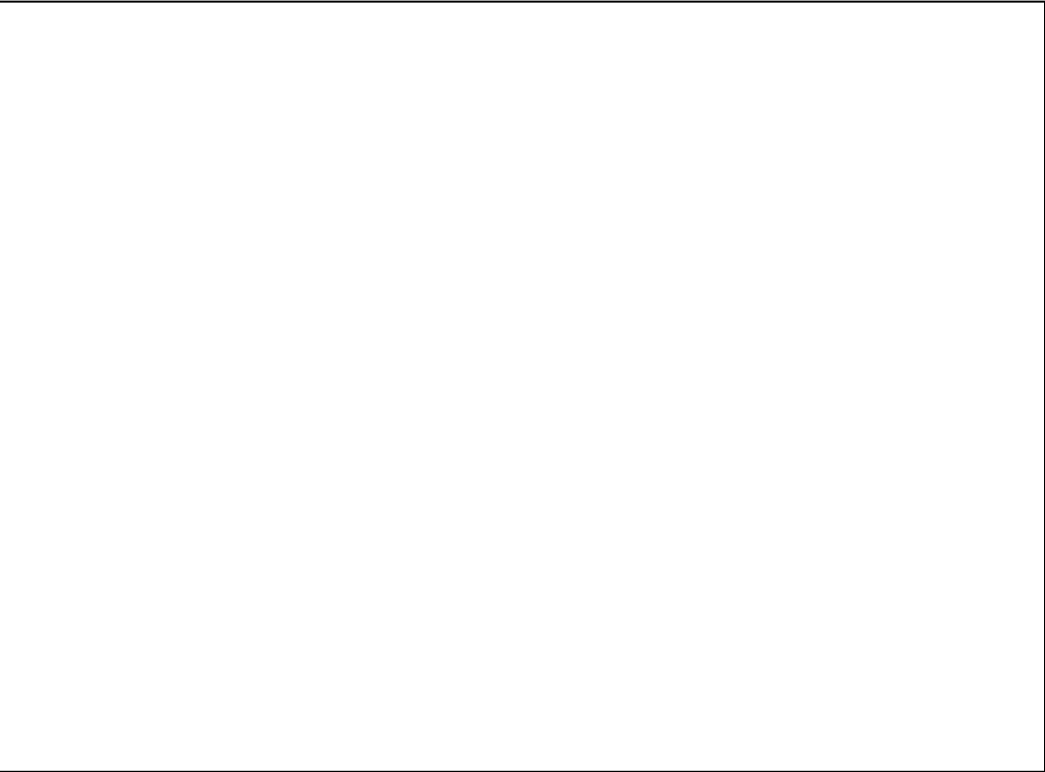
Slated to open within the next few weeks, the alternate entrance is located at the B-50 roundabout, east of the French caserne, near the Bitburg Annex auto hobby shop.

“The convenience this new gate offers the community is priceless”, said Maj. Marie Kokotajlo, 52nd CES Operations Flight commander. “It will take time off everyone’s commute; however, we ask that everyone drive carefully as they adjust to the new traffic pattern” the major said.

The project, planned and coordinated by Gottfield Loew, 52nd CES Maintenance Engineering deputy chief, was completed in only four months.

- Creating the finished product included:
- Widening the base intersection by excavating sidewalks and laying asphalt mats.
 - Elevating an island of concrete and puzzle block to install the gatehouse.
 - Erecting 240-meters of fencing with outriggers and barbed wire.
 - Trenching 200-meters to lay the underground wiring that provides electrical power for the gatehouse and four streetlights.
 - Tapping into Bitburg’s water supply and sewer system for the gatehouse bathroom.
 - Installing telephone and local access network lines.
 - Installing drop arms for gate security.

Project leaders attribute the new gate construction success to members of base civil engineer, communications, contracting and security forces squadrons and local contractors who worked harmoniously together for its completion.



Staff Sgt. Karen Z. Silcott

Bitburg Annex’s new gate is slated to open soon. Project completion includes the installation of new directional, speed limit and priority road signs.

Customs shopping guide helps keep holiday gift mailing legal

By Robert Szostek
U.S. European Command Customs and Border Protection Agency Public Affairs Office

MANNHEIM, Germany -- Some people have a way of buying the wrong holiday gifts. While this is often a matter of taste, many items available in Europe that seem like good presents violate customs rules.

Some are banned from import to the United States. Others may be carried in baggage but not mailed. Violations of customs, agriculture or postal regulations can lead to hefty fines and confiscation of the goods. Meat and meat products are one big problem.

“European delicacies like French paté, German wurst, Spanish chorizo salami and Italian ham are here for the buying and much sought-after in the States,” said William Manning, Department of Agriculture adviser to the U.S. European Command. “Unfortunately they can also carry the spores of Foot and Mouth Disease, a virulent livestock ailment eradicated in the United States,” he added.

These products, all canned meats and even soup mixes con-

taining meat are therefore banned. Fresh fruits and vegetables are also prohibited because they could harbor pests like the Mediterranean fruit fly. The threat to U.S. agriculture is so great that customs and border protection fine people who mail or take banned foods to the United States at least \$100 and up to \$250 as a deterrent. Criminal action for deliberate cases of smuggling can end in a \$5,000 fine and a year in jail.

Wildlife products also present problems. Buying ivory as a gift is a bad idea, say customs officials.

“Only ivory pieces previously registered with CBP may be imported,” said Michael Burkert, director of the European Command’s Customs and Border Protection Agency.

Whale teeth carvings known as netsuke or scrimshaw are also prohibited from import. When buying furs, shoppers should insist on a certificate of origin stating the animal’s scientific name to avoid buying prohibited endangered species products.

Another purchase to avoid is the oriental water pipe. Known as hookahs, chillums or bongs, these pipes may look cute on a mantelpiece but the CBP sees them as drug paraphernalia so

they aren’t allowed to be imported. Cuban rum and cigars are also often available overseas but prohibited from import state-side by economic sanctions.

Europe boasts many fine wines and spirits. The Europeans even produce liquor-filled candies that make original Christmas gifts. Unfortunately the U.S. Postal Service bans all liquor from being mailed, even if it is inside a piece of candy. However, customs allows travelers older than 21 to import one liter of duty-free liquor. Although the federal taxes and duties are currently low enough to make it worthwhile, state laws must also be met, which can add to the cost. Taxes on distilled spirits like Scotch whiskey are generally considered high.

Counterfeits of trademarked items are also banned from the mail. Many producers of designer items from shoes and clothing to perfumes or jewelry have registered their trademarks with customs who inspect mail for faked products.

Military customs offices can offer more advice on these and other holiday shipping questions. Call the base customs office at 452-6027. People can also visit www.customs.gov/xp/cgov/travel/ for more information.

Top Saber
Performer

Name: Tech. Sgt. Kimberly Heng
Unit: 52nd Mission Support Squadron
Duty title: Personnel Readiness Function NCOIC
Hometown: Westminster, Calif.
Years in service: 12
Nominee’s contributions to 52nd Fighter Wing mission success: Tech. Sgt. Heng maintains records for more than 2,000 52nd Fighter Wing members deployed in support of Operations Enduring Freedom and Iraqi Freedom and Joint Task Force in Liberia. Additionally, she coordinates aviation package deployments, swap-outs and more.
Off-duty volunteerism and professional development pursuits: Eifel Singers coordinator, Eifel Toastmasters secretary and Bitburg Annex Family Support Center Cooking Club member.
What do you do for fun? Travel throughout Europe and read.

Tech. Sgt. Bonnie White
Tech. Sgt. Kimberly Heng, 52nd Mission Support Squadron Personnel Readiness Function NCOIC, is this week’s Top Saber Performer.

What do you like most about being stationed here? The Eifel is one of the most beautiful regions of Germany. I especially enjoy seeing the leaves changing color in autumn. I’m from Southern California where there aren’t four distinct sea-son changes.
What’s one thing you’d like to see changed or improved at Spangdahlem Air Base? I’d like to see parking garages adjacent to the busiest base agencies, such as the finance office, the military personnel flight building and wing head-quarters.

Wing officials laud newest
NCO academy graduates

Kisling NCO Academy announces the graduates of Class 2004-1. **Tech. Sgt. James Douglas**, 52nd Fighter Wing ground safety office, received the academic achievement award during the Nov. 7 ceremony at Vogelweh Air Base, Germany. **Tech. Sgts. Shawn Reddinger**, 52nd Operations Support Squadron, **Dennis Conley**, 52nd OSS, **Matthew St. Pierre**, 52nd Aerospace Medicine Squadron, and **James Douglas**, 52nd FW SE, earned distinguished graduate honors.
The other 52nd Fighter Wing and geo-graphically-separated unit assigned gradu-ates are: **Tech. Sgts. Mark Grim**, 52nd Munitions Support Squadron, Kleine Brogel Air Base, Belgium; **Ingram Deloice**, Operating Location Supreme Headquarters Allied Powers Europe, Belgium; **Delano Lucas**, SHAPE; **Richard Potoki**, 470th Air Base Squadron, NATO Air Base, Geilenkirchen,

Germany; **John Dilts**, OL 300 NATO E-3A Airborne Early Warning Component, NATO Air Base, Geilenkirchen; **Cristina Gosling**, OL 300 NATO AWACS; **Dwayne Ward**, OL 300 NATO AWACS; **Scott Walters**, OL 300 NATO AWACS; **Joel Zoucham** 52nd Aerospace Medicine Squadron; **Deryck Hunte**, 52nd Aircraft Maintenance Squadron; **Joey Handy**, 52nd Civil Engineer Squadron; **Robert Mathews**, 52nd Component Maintenance Squadron; **Pamela Fambro**, 52nd Equipment Maintenance Squadron; **Gary Gehring**, 52nd EMS; **Daniel Legg**, 52nd EMS; **Gary Warren**, 52nd Logistics Readiness Squadron; **Billie Cox**, 52nd LRS; **Douglas Beck**, 52nd LRS; **Jeffery Bailey**, 52nd Maintenance Operations Squadron; **Erik Stratton**, 52nd OSS; **Ricardo Young**, 52nd OSS; **Janice Freedle**, Detachment 518, 51st FIS. (Compiled from staff reports)

Eifel Salutes

52nd Mission Sup-
port Group

Here come the boosters!
Tech. Sgts. John MacGaffick and **Darrell White** and **Staff Sgts. Ann Mitchell** and **Shannon Easton** have done an out-standing job to increase morale within the squadron as the new booster club officers. She’s prepared ... **Senior Airman Olivia Watkins**

designed a one-mile compass course to train and test 17 Boy Scouts on important skills to help them attain first class rank. Senegal guy **Airman 1st Class Eric Dore** helped coordi-nate senior leadership flight itineraries as well as medical evacuation missions for malaria patients during his recent Dakar deployment.

52nd Operations Group

As the new 22nd Fighter Squadron C-flight commander, **Capt. Matthew Jensen** success-fully led F-16CJs in a multinational NATO large force exercise over the Adriatic Sea and the Balkans. His flight provided force protec-tion and offensive counter air for as many as 20 other fighters before landing at Aviano Air Base, Italy. He make-a us so proud, grazzi!

52nd Maintenance Group

Get a load of **Staff Sgt. Pete Morgan** and **Airmen 1st Class Michael Rogers** and **Robert White**, who bested 52 other load crews to capture the coveted 52nd Fighter Wing Load Crew of the Quarter. Thanks for an outstanding job, Stingers! The Great “Pass-bee” was **Staff Sgt. Scott Fitzgerald**, who completed four aircraft engine phase inspec-tions on time and maintained a 100-percent quality assurance pass rate. High gear was **Airman Andrew Sheatler**, a gear box replacement team member who made an engine test cell ready hours ahead of schedule.

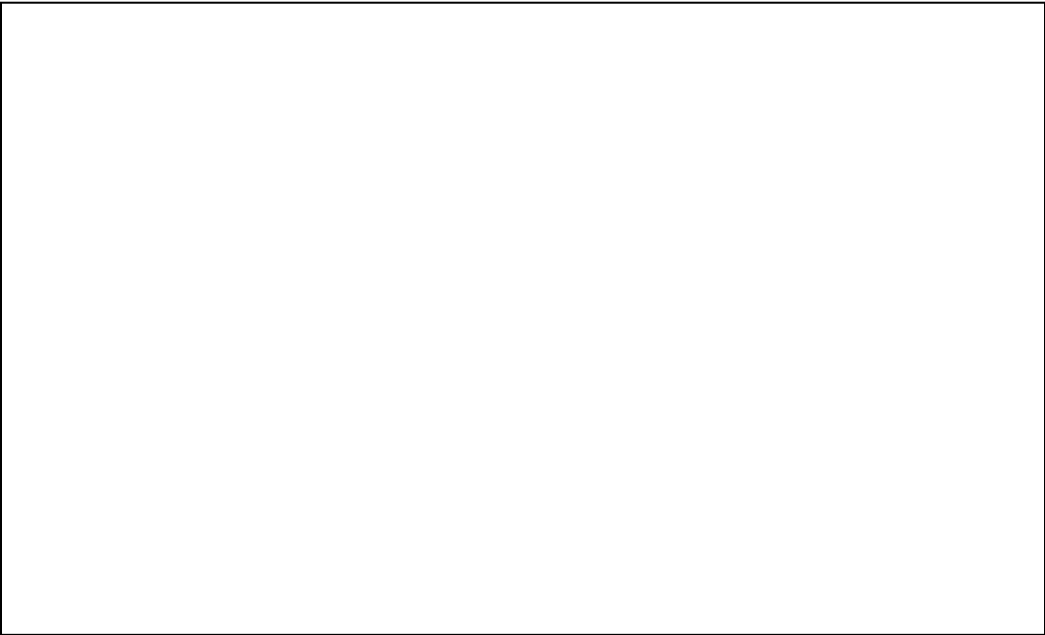
52nd Medical Group

Sharp shooters were **Tech. Sgt. Debbie Aguillon** and **Airmen 1st Class Zackery Gilman** and **Erin Watson** for providing over 150 flu vaccinations to Bitburg Hospital personnel. **Staff Sgt. James Collins** is in “needle” of a salute for his spearheading of the wing’s flu shot program. A big salute to “moulage

rouge” with their great makeup skills, the **moulage team** always adds outstanding real-ism to wing exercises. And the Oscar(TM) goes to ... the **Bitburg High School drama students**, for being the most incredible and believable patients during the recent Mass Accident Response Exercise. The **public health flight** always steps up to volunteer when the call goes out. **Majs. William McAllister**, **Leolyn Bischel**, **Joseph Cody**, **Capt. Kyle Gibson**, **Master Sgt. Bruce McKenzie**, **Tech. Sgt. Diana Jernigan** and **Staff Sgts. Mary Sprecher**, **Matthew Petrie** and company added extra time and keen observation skills to the exercise evaluation team. It’s only fitting we salute **Tech. Sgt. Nicole McCloud**, for her diligent efforts in getting the Medical Support Squadron “base-lined” for Fit to Fight fitness challenges. MARE-ical workers were **Staff Sgts. Don Smith** and **Tracy Williams**, who got the emergency medical response up and running for the BHS MARE. Hooray for “track” stars **Tech. Sgt. Bernard Kimbrough**, **Staff Sgt. Tracie Carter** and **Airman Robinette Pride** for their awesome on-scene patient tracking in the Medical Group.

Kudos to all, Team Eifel salutes you!

(Compiled by Airman 1st Class Amaani Lyle, 52nd Fighter Wing Public Affairs Office)



Tech. Sgt. Bonnie White
Members of the 52nd Fighter Wing Personnel Deployment Function make up this week’s Top Saber Team.

Top Saber Team

Unit name: 52nd Fighter Wing Personnel Deployment Function
Unit responsibilities: As the wing focal point for monitoring personnel processing activ-ities, the PDF controls, directs and supervises the Personnel Processing Center and support agencies. Its members advise commanders when members selected for deploy-ment are ineligible according to requirements. They also ensure that the processing line includes, at a minimum, the following stations: identification, eligibility, emergency data, contingency, exercise, deployment orders, family support center, immunizations, legal, chaplain, transportation and finance.
Number of members: 58
How does the team fit into the 52nd Fighter Wing’s mission? The team ensures that deploying members are properly accounted for, manifested and briefed by base agencies. Also, the team coordinates filler and shortfall actions for unit member short-ages with the Deployment Control Center staff. This past year, the PDF team has suc-cessfully processed more than 2,000 members in support of the war against terrorism.

IEA Scorecard

Project	Coordinator	Percent complete	Estimated completion
Brick House	Eddy Mentzer	100	Complete
Jet Blast Inn AFN decoder	Tech. Sgt. Sean Applegate	100	Complete
Honor Guard uniforms	Tech. Sgt. Randall Reno	100	Complete
Billeting laptops	Master Sgt. Fred Ayers	100	Complete
Loaner transformers	Gertrude Cochran	100	Complete
Batting cages	Juergen Stockemer	40	Nov. 30
Bus shelter improvements	Tech. Sgt. Michael Smith	62	Dec. 15
HAS mezzanine	Tech. Sgt. John Murphy	40	Nov. 28
HAS crew shacks	Tech. Sgt. John Murphy	60	Nov. 21
Coffee Mill improvements	Capt. Glenn Gresham	20	Dec. 17
Pavilion improvements	Udo Stuermer	15	June 2004

Movin' on up: Bagram AB airmen upgrade from tents to wooden huts

Story and photos by Staff Sgt.
Russell Wicke
455th Expeditionary Operations Group
Public Affairs Office

BAGRAM AIR BASE, Afghanistan

-- Airmen here are now transitioning from living in temper tents to wooden structures called B-huts.

"These structures are replacing our tents which have exceeded their life expectancy in this harsh environment," said Capt. Trey Sledge, 455th Expeditionary Support Squadron Civil Engineer Flight commander.

The introduction of B-huts to the Air Force Village here offers significant improvement in multiple areas.

According to former 455th Air Expeditionary Wing Command Chief Master Sgt. Kenneth McQuiston, the eight-section temper tents being replaced held 16 to 24 airmen. The new B-huts only hold eight occupants, enabling larger personal living space. However, because space is limited in Air Force Village, Capt. Sledge said some airmen are being double bunked temporarily in order to empty tents to make room for hut construction.

Not only will living space be larger, but conditions will also be more comfort-

Fazell is a third-country national here, uses a hand saw to cut a plank inside a B-hut at Air Force Village. The Afghani carpenters construct these huts with hand tools only. Even sheets of plywood are sawed in two by hand. The huts will replace the temper tents for living quarters.

Chief Master Sgt. McQuiston said the huts not only improve the lives of deployed members, but also the economy here.

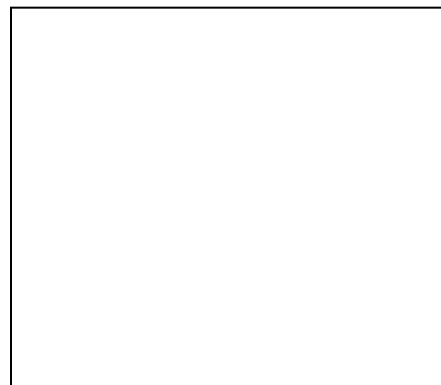
"The American way of business is not to conquer countries," said Lt. Col. Doherty, "but to come in and achieve our national objectives. Contracting out these jobs is not only a way to improve the economy, but it also sows the seeds of democracy."

But allowing local nationals access to the base can be a dangerous situation if it is not handled with tight security. According to Staff Sgt. Kristin Bunn, 455th Expeditionary Operations Group non-commissioned officer in charge of force protection security program, the Afghani carpenters must go through five security check points before they can even get through the gate. Even items such as small mirrors are forbidden to prevent signalling from on base.

Once on base, security doesn't lighten up. These contracted carpenters must be escorted as long as they're working on the installation. Third-country-national escorts are airmen assigned to this task.

"It is a requirement to have at least one guard for every ten workers," Staff Sgt. Bunn said keeping accountability of all the workers is a heavy responsibility.

"Now our new design for B-huts has

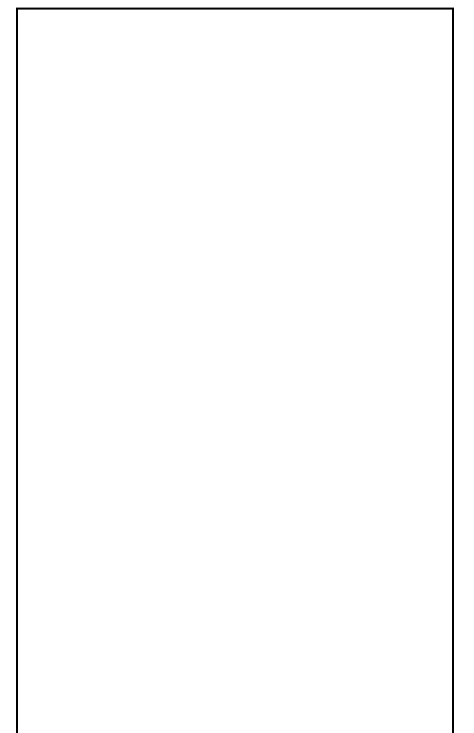


Master Sgt. Lance Cheung

A third-country national hammers a nail inside a B-hut at Air Force Village. The carpenters construct these huts with hand tools.

able.

"This will be a huge morale boost once we get everyone in huts," said Lt. Col. John Doherty, 455th Expeditionary Services Squadron commander deployed from the Pentagon. "Each person is expected to have their own enclosed section by the end of December."



A third-country national holds out his lunch as he is checked for weapons by Army Specialist Rohan Peters, Echo 7 Field Artillery, prior to entering the base.

been adopted by the Army and the rest of the coalition," said Master Sgt. Robert Miller, 455th ESS engineering superintendent deployed from Elmendorf Air Force Base, Alaska. "It's been a long process so far but it will be worth the wait."

Rhein-Main shift shapes up at Spang, Ramstein

By Capt. Alisen Iversen
USAFE News Service

RAMSTEIN AIR BASE, Germany -- Ongoing construction is a familiar site at most U.S. Air Force bases. But, for those at Ramstein and Spangdahlem bases, it is even more prominent than usual. A great deal of the improvements are tied to Rhein-Main Air Base, Germany's December 2005 closure and the transition of its airlift mission to two other air bases in Germany.

Closing Rhein-Main AB, which shares the Frankfurt International Airport runways, allows the U.S. Air Force to make better use of scarce resources, and enables continued expeditionary air combat power and strategic airlift support throughout U.S. European Command's 93-country area of responsibility.

Col. Thomas Schnee, Rhein-Main Transition Program division chief said the program allows the (Frankfurt Airport) to expand and it replicates the Rhein-Main mission at Ramstein,

with overflow capability at Spangdahlem.

The consolidation also saves the U.S. \$17 million annually in base operating support costs, with no loss of capability, said John Thompson, Rhein-Main Transition Program manager.

In 1999, the Federal Republic of Germany, the German States of Hessen and Rheinland-Pfalz, Fraport (the Frankfurt Airport authority) and U.S. Air Forces in Europe all signed the Rhein-Main Closure Agreement, which funds more than \$244 million for construction and \$47 million for the design of 37 projects.

The anticipated NATO contribution is approximately \$108 million, and the U.S. is contributing \$78 million.

"The (RMTP) is an increunprecedented cross-functional, cross-command and cross-national project," he said. "It is a partnership between Headquarters USAFE, our Host Nation Partners, Air Mobility Command, U.S. Army Europe, the 52nd Fighter Wing and the 86th Airlift Wing.

Community Mailbox

Worship schedules change

52nd Fighter Wing Chapel Services worship schedules have changed as part of a Combat Touch initiative. Call the base chapel office at 452-6711 for more information. The new schedules are:

Catholic Mass

■Spangdahlem AB: Saturday at 5 p.m. and Sunday at 8:30 a.m.

■Bitburg Annex: Sunday at 11:30 a.m.

Sacrament of reconciliation

■Spangdahlem AB: Saturday at 4:30 p.m. or by appointment

Religious education

■Spangdahlem AB building 139: Sunday at 9:45 a.m.

Protestant Sunday services

■Spangdahlem AB: Traditional at 10:30 a.m., Korean at 1 p.m. and Sunday Night Live at 5 p.m.

■Bitburg Annex: Liturgical at 8:15 a.m., contemporary at 9:30 a.m. and gospel at 1 p.m.

Religious education

■Spangdahlem AB building 139: Sunday at 9:30 a.m.

■Bitburg Annex building 2001: Sunday at 11:30 a.m.

Call the base chapel office for information on Jewish and Islamic services.

Volunteer tutors needed

Volunteers are needed to help Bitburg High School students improve their study skills and with their college-prep courses. E-mail Valerie Camish at Valerie_mccamish@eu.odedodea.edu for details.

SSEMC party

The Spangdahlem Spouses and Enlisted Members Club holiday party takes place Dec. 5 at 6 p.m. in the Eifel Stern. E-mail Shelton Sukut at shelton.sukut@spangdahlem.af.mil.

Club card info

As an additional service for members overseas, BankOne has changed the col-

lect number on the back of the Club card to a universal toll-free number. Call the Club Eifel cashier's cage at 452-6090 for the numbers to use within Europe.

Commissary news

Both commissaries are open Nov. 24, but are closed Nov. 27 for Thanksgiving.

Education services news

The deadline for spouse tuition assistance is Dec. 12 at 4 p.m. The 52nd Mission Support Squadron Education Services Center is located in Spangdahlem AB building 192. Call 452-6063 for more information.

Voting assistance

Wing members can call installation voting representatives for help with voting questions through the 2004 general election. Call Maj. William McAllister at 452-8298 or Master Sgt. Jeff Barr at 452-7410 for more information.

WIC overseas

Classes for parents on child nutrition take place Tuesday at 10 a.m. at the Women, Infant and Children Overseas Office in Bitburg Annex building 2002, Room 209. Topics include sensible eating during childhood and how to plan healthy meals and snacks. The class is open to all military ID cardholders. Call Laurie Ashworth at 452-9093 or 06565-619093 or visit WICO office to register.

BCAA meeting

The Black Cultural Awareness Association meets Nov. 21 at 3 p.m. in Spangdahlem AB building 151. Call Master Sgt. Erick Anderson at 452-3131.

School news

Spangdahlem Elementary School

■The Parent, Teacher and Student Association Thanks-for-Giving social takes place Thursday at 6 p.m. in the

multipurpose room. Entertainment includes the performance, "The Turkey's Go Strike." Call Michael Davis at 06562-966811 or e-mail ptsa@4eifel.-com for details.

Spangdahlem Middle School

■"A Fowl Night" takes place in the media center on Wednesday at 6 p.m. Participants discuss the "Artemis Fowl" book series. The event features refreshments, souvenirs and a contest. A book fair takes place before and after book discussions. E-mail Jeanie McNamara at jeanie.mcnamara@eu.odedodea.edu or Dorinda Ray at dorinda.ray@eu.odedodea.edu for details.

■A book fair takes place Monday through Nov. 21 in Room 202.

Bake sale

The 52nd Component Maintenance Squadron Propulsion Flight holds a bake sale on Tuesday from 11 a.m. to 1 p.m. at the Spangdahlem AB Post Office.

AA meetings

Alcoholics Anonymous meetings take place each Sunday, Tuesday and Friday from 7:30-8:30 p.m. in Bitburg Annex building 2015.

Volunteers needed

For more information about the volunteer opportunities, Kelly Childs, base volunteer programs coordinator, at 452-9491.

■The Airmen's Attic needs volunteers to sort and display donated items from Monday through Thursday from 1-4 p.m.

■Local Department of Defense Dependent Schools seek volunteers to help in the media centers, administrative offices and as student tutors. No experience is necessary, but is helpful. Hours are flexible.

■The Spangdahlem AB and Bitburg Annex Post Offices seek help Monday through Friday from 6 a.m. to 6 p.m. and on weekends from 6 a.m. to 4 p.m. Duties include sorting, processing, customer service and more.

Club Eifel Happenings

This past Friday night, Team Eifel members Nikki Butler and Brian Bock missed out on winning \$500 in the Club card cash giveaway because they weren't present to claim their prizes. The next drawing takes place tonight from 6-8 p.m. Call 452-6090 for details.

Today

■Seafood lunch buffet from 11 a.m. to 1 p.m. Cost is \$5.95 for members, \$7.95 for non-members.

■Stripes Lounge: Freaky Friday from 5-7 p.m. DJ plays variety hits from 9 p.m. to 1 a.m.

■ECL: 52nd Fighter Wing commanders social starts at 5 p.m.

Saturday

■Stripes Lounge opens at 4 p.m.

Sunday

■Breakfast buffet from 10:30 a.m. to 1:30 p.m. Cost is \$7.95 for members, \$4 for children ages 6-11. Cost is \$10.95 for non-members, \$7 for children. Youth ages 5 and younger eat for free.

■Ballroom family "Bingo" starts at 5 p.m.

■Bingo Break Bonanza: Max credit slots players who present bingo card receipts double their jackpots.

Monday

■Country lunch buffet from 11 a.m. to 1 p.m. Cost is \$5.95 for members, \$7.95 for non-members.

■Stripes Lounge: Melvin's Maniac Monday "Bring Your own Stein Night" offers \$1 drink specials.

■More Money Monday from 11 a.m. to 1 p.m. Max credit slots players who present Monday Club Eifel lunch receipts to the attendant double their jackpots.

Tuesday

■Mexican lunch buffet from 11 a.m. to 1 p.m. Cost is \$5.95 for members, \$7.95 for non-members.

■Stripes Lounge: "Showdown" players can win half-price drinks. Club members play billiards for free from 4-10 p.m.

Wednesday

■Italian lunch buffet from 11 a.m. to 1 p.m. Cost is \$5.95 for members, \$7.95 for non-members.

■Stripes Lounge: "Trash Cash" giveaway.

■Slots: From 8-10 p.m., max credit slots winners who show their Club card double their jackpots.

Thursday

■Bar Extravaganza buffet from 11 a.m. to 1 p.m. Cost is \$5.95 for members, \$7.95 for non-members.

■Thanksgiving Family Fun Night from 5-8 p.m. Cost is \$5.95 for members, \$2.95 children. Cost is \$8.95 for non-members, \$4.95 children.

■Stripes Lounge: \$1 Bitburger Stubbies from 6-8 p.m. Karaoke from 9 p.m. to 1 a.m.

Call 452-6090 for more information.

Der Markt

Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication**. Ads can also be e-mailed to publicity@spangdahlem.af.mil or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The Eifel Times staff reserves the right to edit ads.

Col. Stephen Mueller.....Commander
Maj. Melinda Morgan.....Chief, Public Affairs
2nd Lt. Gerardo Gonzalez.....Deputy, PA
Master Sgt. Sean E. Cobb.....NCOIC
Staff Sgt. Jennifer Lindsey.....Editor
Senior Airman Lindsay Fox...Technical assistant
Airman 1st Class Amaani Lyle....Assistant editor
Iris Reiff.....Leisure writer

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All photographs are U.S. Air Force pho-
tographs unless otherwise indicated.

Col. Stephen Mueller

Accessing Direct Line

The Direct Line program is a
way to get answers to questions
you still have after using your
chain of command.

Direct Lines of general
interest will be published in the
Eifel Times and may be edited or
paraphrased for brevity or clarity.
Submit your Direct Line via:

■DirectLine@spangdahlem.
af.mil

■Mailed to 52nd FW/PA,
Unit 3680 Box 220, APO AE
09126

■To PA in building 23.

■Concerns may also be sent
via fax to 452-5254.

Anonymous inputs are
accepted. To receive a personal
response you must include your
name and phone number. Call the
Eifel Times at 452-5244 for more
information.

Month
Sortie
Scoreboard

Aircraft	Goal	Flown	Delta
F-16	136	146	10
A-10	121	115	-6

*Delta is contract vs. sorties flown to date.

Through Nov. 11

Courtesy of the
52nd Maintenance Operations Squadron
Plans and Scheduling Section

Viewpoint

Nov. 14, 2003

Page 6

Solid supervising

Supervisors should give top performers public pats on back, says JAM! member

By Airman 1st Class Scott Morin
Just Airmen! council member

As members of the U.S. Air Force, several of my fellow airmen and I have shared the same experiences, obstacles, hardships and triumphs. We also face many of the same challenges, and one that I would like to address is leadership. An issue that a lot of deserving airmen have is that they aren't being recognized.

Let me begin by saying I realize this article makes a strong statement, but too many times I've heard airmen say, "My supervisor only thinks of himself," or "What's the point in working hard? No one cares what I do anyway."

As upstanding airmen, how do we get past an obstacle like poor supervision without hurting our careers? How can we motivate our supervisors to stand behind us and reward us when we go above and beyond?

When I first started writing this editorial I thought, "How hard is it for an NCO to write an award package?"

According to Tech. Sgt. Amber Pieters of the 52nd Equipment Maintenance Squadron, "If a deserving troop doesn't get put in for an award, it's because their supervisor is lazy."

First of all, receiving recognition begins with our own performance. If we're not merely doing our jobs, but reaching outside the boundaries of normal expectations and exceeding them, we may be deserving of the credit we desire. More often than not, this level of performance will trigger our supervisors to reward us.

By Lt. Col. Galen Kirchmeier
852nd Munitions Support Squadron commander

Excited about heading out to Officer's Training School and his new role as an officer candidate, a young sergeant recently asked me, "How do I choose the right leadership style?"

The answer seemed obvious, "Just pick a style that fits your personality." Struggling to put this in practical terms, we started discussing former bosses and their leadership quirks. You know, those moments when you think to yourself, "When I'm in charge, I'll never..."

1. Shoot from the hip: You've seen the leader who's calm on the outside but when faced with a difficult situation, explodes and makes rash decisions before engaging their brain. Don't let initial emotions rule your decisions. Learn to control them.

2. Lead by e-mail: Face-to-face is the best form of communication. Don't get stuck behind your computer. Be visible. View the issues and problems first hand. Also, never send an e-mail in anger ... the backlash can be brutal.

3. Take extra advantage of perks: New positions come with certain privileges, like more office space

It would be ridiculous to expect recognition just for showing up every day and putting in the bare minimum. There are a lot of poor airmen who waste NCOs' time by getting into trouble and not taking care of everyday things, such as paying their bills. This contributes to supervisors no longer caring and leaving it up to airmen to earn

"NCOs are basically supposed to be our mentors. They should be setting us up for success, but this doesn't mean they need to hold our hands and spoon-feed us."

the rewards they want. But this doesn't change the fact that airmen need good mentors and role models to help them progress to the next level.

The Air Force is similar to the rest of the world in that there are some really outstanding supervisors, but there are also some who lack the necessary leadership skills for the positions they occupy. The latter tend to neglect the responsibility of acknowledging their truly deserving airmen. A common occurrence is that these unenthusiastic supervisors usually remain supervisors. Our task is

From the top

Commander's top 10 suggestions on how not to lead

and maybe a reserved parking spot. Remember where you came from. Don't let those perks go to your head. Taking extra privileges with an arrogant air is the fastest way to lose respect.

4. Make changes just for the sake of change: When you take over a new unit, take your time and formulate how you fit in. Don't change the program just to show there's a new boss in charge. Once you're settled, you can start making small changes to match your personality and leadership style.

5. Micromanage all the decisions: The only way to make good leaders is to allow them to lead. Don't be the type of boss where every decision has to go through the front office. Give your people the freedom to lead, and let them make decisions, right or wrong. If they stray off course, mentor them so they have the tools to make better decisions in the future.

6. Try to please everyone: This is a tough one because most people like to be liked. Don't shape your behavior to fit in as one of the "guys." Those you lead will respect integrity and honesty even when you give bad news.

7. Always cover my "backside:" Another great way to lose respect is to isolate yourself from failure

to persevere no matter what our supervisory conditions are.

"If you have a bad supervisor, just outperform him in every aspect because someone is watching and they will notice," suggests Staff Sgt. Sean Rasley of the 52nd EMS.

Everyone's supervisory skills are different, but each supervisor should be able to read his troops and know how to lead each one. Some airmen need a little more personal attention and need that extra push, while others are good at tackling things on their own. I see how some NCOs treat all their troops the same, but there's no one-size-fits-all approach for leading people. A person who doesn't need constant monitoring may not perform well with someone standing over his shoulder, and vice versa. If all NCOs tailored their skills to meet each of their airmen's needs, the results would be positive. A good NCO realizes that all airmen are different and need to be supervised differently.

NCOs are basically supposed to be our mentors. They should be setting us up for success, but this doesn't mean they need to hold our hands and spoon-feed us. A supervisor should provide clear guidance about what your responsibilities are, but also hold us accountable for our actions.

Supervisors, please don't judge us all by the 20 percent who take up 80 percent of your time. And fellow airmen, strive to be the best at what you do every time, rewarded or unrewarded.

Soon our time will come to be the supervisors, but until then we need to set the example for those around us.

or criticism. Don't be afraid to lead from the front, make the tough decisions, and take responsibility for them. Your troops' decisions are your own because loyalty goes both directions.

8. Make untimely decisions: You almost never get all the data you need before making a decision. Analyze the information and balance whether a decision can be made immediately versus the consequences of making a wrong decision.

9. Do all the work myself: Delegate. Don't be the supervisor who doesn't trust anyone but themselves to get the job done right. Delegating trains your troops and frees you for more strategic tasks. You'll gain respect by showing your trust in their abilities.

10. Focus solely on the mission: Learn to balance people and mission because both are crucial to success. Don't forget it's the people who require a leader not the mission. When your troops are taken care of, they can focus on the mission.

We have the perfect leadership-learning environment in the military. We experience new supervisors every few years. Take advantage. Learn what works for you and fits your style. Start making your own list of traits you want to use.

What's inside ...

Happenin' Holidays

The 52nd Fighter Wing command chief master sergeant tells what Project CHEER is all about in about 225 words.

Brick House

The services squadron Brick House is the place to go to play a game of pool, Xbox, or catch Sunday night football on a big-screen TV for free -- did you hear that? FREE

JAM!

Just Airmen! keep Project CHEER projects high on the hip monitor by ensuring only awesome activities make the cut.

Home for the Holidays

No one has to be 'home alone' this winter ... Wing families invite singles into their homes to cele-

JAM! keeps Project CHEER

From the top ...

WARNING: *If you are accompanied, you are*

By Chief Master Sgt. Steven Lage
52nd Fighter Wing Command Chief

OK, here's the deal. For the next few months, Project CHEER will be in full swing. Project CHEER (Creating Hope, Energy, Enthusiasm and Recreation) provides all kinds of events designed especially with you in mind. From all-night bowling to X-box game tournaments to karaoke at Club Eifel, Project CHEER offers stuff exclusively for single unaccompanied military members. And these special events won't make a dent in your wallet since they are available to you for free (or at a very low cost)!

Having spent the 2002 holiday season living in the dorm at Kunsan Air Base away from family, I know first-hand how important it is to get out and be involved. It's like this, if you stay in your 12-foot by 14-foot "gerbil cage" you go crazy -- Going crazy is bad, so get some friends together and head over to the Fitness Center for the 3-on-3 Basketball Shootout! Or stop by Club Eifel for the New Millenium all-night party. That's exactly what Project CHEER is all about, friends doing things together.

So, get a calendar of events from The Eifel Times or Brick House counter and check out what's going on.

(To those accompanied readers who disregarded the warning, sorry, but Project CHEER is just for our single unaccompanied airman.)

In the first weeks of its development, Project CHEER focus group members bounced ideas around the room like were Superballs. "Anything goes," would have been a fitting theme for the brainstorming sessions designed to fill the November calendar with activities for single airmen from now through March. But not all the ideas made the cut because they had to meet the scrutiny of Just Airmen's airmen.

JAM! is a unique Spangdahlem Air Base council made up of junior enlisted members and is designed to maximize their enjoyment of their military tour in Europe.

"The best thing about our Project CHEER program here is that it's not just a bunch of senior officers and enlisted members telling us what they think would be fun for us to do over the holidays," said Airman 1st Class Nikole Green, 52nd Fighter Wing Chapel

"The best thing about our Project CHEER program here is that it's not just a bunch of senior officers and enlisted members telling us what they think would be fun for us to do over the holidays."

**-- Airman 1st Class
Nikole Green,**

Services apprentice and Project Cheer JAM! representative. "(JAM! members are) in the focus group to say what airmen would and wouldn't find fun."

On JAM!'s November calendar, wing singles can look forward to a winter sports trip to Garmisch, and in December, a sightseeing tour of Prague. The prices are still being decided. The cost for January's New Year's celebration in Paris is

currently set at \$49 per person.

"JAM! trips are different from an ITT tour because you're surrounded by airmen your same age and rank," said Airman 1st Class Scott Morin, 52nd Equipment Maintenance Squadron munitions operations apprentice and Project Cheer JAM! representative. "We also implement safety measures to prevent mishaps, such as using the buddy system during the Paris trip. The airmen will split up into groups with a



cell phone in each group. This way, if a group is going to be late returning to the bus because they had a problem, they can notify us."

In addition to tours, JAM! will hold Xbox and billiards tournaments in the Brick House and photo scavenger hunts with prizes.

Another way JAM! inspires airmen to get out of the dorms and into the community is by encouraging volunteerism.

"Project CHEER isn't just about getting," said Airman 1st Class Morin. "It's about giving as well. JAM! is all about airmen helping airmen. Volunteers keep event costs down, which enables us to provide so many activities year-round."

Volunteerism not only supports base programs, but is also an effective way to meet other local community members. JAM! members help support Airmen Against Drunk Driving, elementary and middle school student mentoring programs and junior-enlisted focused services-sponsored activities.

Most importantly, the group needs to stay strong by encouraging active participation. Such support helps ensure JAM! can continue offering group sightseeing tours at reduced rates and free special activities, and airmen can benefit from professional representation at base leadership meetings. Open meetings take place the third Thursday of each month at 2 p.m. in the Brick House, located in the base community activity center. For more information, call Airman 1st Class Andrea Matusky, JAM! president, at 452-3111.

Families invite airmen Home for

"100 percent contact" is the buzz phrase for the 52nd Fighter Wing this winter holiday season, according to Chaplain (Col.) Carl Andrews, 52nd FW Chapel Services chief.

Project CHEER's Home for the Holidays program is to ensure all single junior enlisted members and junior officers without children are individually contacted and invited to spend Christmas and Thanksgiving in a wing member's home.

"The key word is 'contacted,'" explained Chaplain Andrews. "This is so they feel that someone cares about them as an individual."

"There's already a bank of 250

"There's already a bank of 250 families interested in hosting our single airmen and we haven't even started advertising the program."

-- Chaplain Carl

families interested in hosting our single airmen and we haven't even started advertising the program," said Chaplain Andrews.

The Spangdahlem Air Base Chapel Parish Council pushed the program off to a head start by

discussing the program during a recent meeting.

"We understand it can be lonely in the dorms or in a single room off base - there's more to life than watching the paint dry!" said the chaplain. "Family is a key part of the upcoming holidays and we all are part of a bigger family - the Air Force family."

Team Eifel families interested in sharing their Christmas or Thanksgiving holiday celebrations with a wing single can call the Project CHEER office at 452-7381 to register. The office is co-located with the base community activity center help desk.

Open

Brick House holds solid spots

As far as holiday seasons go, Thanksgiving and Christmas is about as intensive as they get. Big dinners and gift exchanges top the lists of family members of all ages; however, for many singles there simply isn't much to do. Shops, cafes and leisure activities are closed. That is, except for Spangdahlem Air Base's Brick House.

"The Brick House is part of Project CHEER in that it's for all airmen and it's open 365 days a year, Christmas Day and New Year's Day included," said Eddie Mentzer, 52nd Services Squadron Family Member Support Flight chief. "You'd be hard-

"It's great 'cause when I don't have anything else I have to do, I can come here and brush up my billiards skills ... for free."

-- Airman 1st Class
James Broussard,

pressed to find anything like this open over the holidays."

In fact, the Brick House's full food, drink and activities menu is available anytime it's open. The facility is aimed at reaching singles ages 18-24, but it isn't limited to them, said Mentzer. The youngest entry age is 16.

"This offers the people out there who aren't doing anything on the holidays but who would like to do something -- a place to go to relax, play games or just sit and watch football," said Mentzer.

And it's easy on the wallet. Brick House activities, including billiards, ping-pong, darts, Xbox gaming, big-screen TV viewing, foosball and more are available daily for the exchange of an ID card. This is just so the evening managers can ensure they'll get the equipment back in good shape for the next players, said Brandie Hall, customer service specialist.

"It's great 'cause when I don't have anything else I have to do, I can come here and brush up my billiards skills ... for free," said Airman 1st Class James

Broussard, 52nd Component Maintenance Squadron electronic warfare specialist and Brick House "regular."

Another Brick House Project Cheer initiative includes weekly Xbox, billiards and Football Frenzy tournaments. The prizes generally value from \$15-\$25 said Metzner, but also include larger prizes, such as a trip to the Super Bowl championships.

The Brick House is an idea for airmen, by airmen and by Col. Stephen Mueller, 52nd Fighter Wing commander, said Mentzer. It's construction and equipment was funded by Installation Excellence Award money. Its unique high-energy atmosphere was created by volunteers who swished paint brushes and set up the games.

"I've heard Gen. Foglesong say we must remain committed to our airmen. [The Brick House] is our way of proving we're committed to providing for the needs of our airmen," said Mentzer.

Brick House Project CHEER

activities calendar

👍 Each Tuesday: Xbox Tourney from November through March

👍 Each Thursday: Billiards Tourney from November through March

👍 Nov. 23: Operation Season's Greetings and USO tour meet and greet at 5:30 p.m.

👍 Dec. 24: Airmen's holiday party

👍 Feb. 1: Super Bowl pre-game party

For more information on these or other Brick House activities, call 452-7381.

Cool jams to free java, Coffee Mill

Wing singles can get into the mix this winter at the base Coffee Mill. The alcohol-free establishment's 25 coffee recipes draw mixed crowds but caters mostly to single airmen, said Vern Salter, facility manager.

"Because it's an alcohol-free atmosphere, the Mill mostly draws the older 20s, early 30s crowd," said the manager.

"We won't turn anyone away, though -- a retired couple visited one night. They said they saw the lights on and came in to see what was available. They had a cup of coffee, relaxed and talked to some of the airmen for a while.

Currently, the chapel sponsored facility is under renovations courtesy of Installation Excellence, fallout and U.S. Air Forces in Europe Focus Program funds. Its grand-reopening celebration is scheduled for Dec. 19 in Spangdahlem Air Base building 139.

"Col. Mueller said he thought funding Coffee Mill renovations was important, allowing us to serve the airmen in another way. Before, the Coffee Mill was a

pretty nice place to go, but when it's finished, it's going to be amazing," said Mr. Salter.

Remodeling plans include making the hang-out bigger and better. The new establishment will feature three rooms:

■ Conversation room — For reading, chess and other peaceful activities.

■ Game room - Complete with a billiards table and dart boards.

■ Main room - With the coffee bar,

stage and big-screen TV.

When the Mill reopens, single's Bible study resumes each Wednesday. On Friday and Saturday the facility takes on a funky, easy-going café atmosphere, said the facility manager.

"On the weekend it's simply a fun place to meet friends and hang out," said Mr. Salter. "People are encouraged to bring in their CDs and we'll play them. We also have some 'tried-and-true' blues and jazz CDs to play."

Through November and mid-December, Coffee Mill activities are limited as the renovations progress; however, things heat up in January.

"We're going to open the stage for acoustical guitar jam sessions the third Friday of each month," said Mr. Salter. The manager predicts classical rock, jazz and blues will be the most common sounds, but he said the stage is open to new cords.

Another Project CHEER initiative set for the new year is karaoke nights the second Friday of each month.

The Coffee Mill is operated by volunteers who receive free training on how to prepare the center's 25 coffee recipes. The next training session takes place in December. Call the base chapel office at 452-6711 for details.

Drinking is no game ...

A 52nd Fighter Wing airman died this past year because he thought downing one shot after another was just weekend entertainment.

Drink responsibly. Encourage other airmen to drink responsibly. Non-drinkers should serve as designated drivers. Don't hesitate to call your unit first sergeant for help. Or, in an emergency, call for an ambulance.

Emergency numbers clip-n-save

The following lists the telephone numbers for ambulance service in the Eifel region.

Spangdahlem AB DSN: 116

Spangdahlem AB Military Family Housing: 61-116

Government-leased housing: (Base response) 0656561-116, alternate (Deutsches Rotes Kreuz) 19222

Bitburg Annex DSN: 115 or 19222

Bitburg Annex MFH: 19222

Project CHEER

From cover to cover

"Project CHEER!" supplement articles by Staff Sgt. Jennifer Lindsey, 52nd Fighter Wing Public Affairs Office, unless specified otherwise.

Photos by Staff Sgt. Karen Z. Silcott, 52nd Communications Squadron Visual Information Flight, unless specified otherwise.

Front-page main photo: Airman 1st Class James Morphey, 52nd Civil Engineers Squadron structural craftsman, watches football in the Brick House. Top left: Airman 1st Class James Broussard, 52nd Component Maintenance Squadron electronic warfare specialist, practices billiards shots in the Brick House. Bottom: Overview of Brick House activities. In the Brick House article, "Open 365 ..." Staff Sgt. Travis George, 52nd Maintenance Operations Squadron weapons loading instructor, plays foosball with German guests Deper Schmiolt, Maren Klengler and Nadine Wintrich.

In the Coffee Mill article, "Cool jams to free java ..." guests drink in free coffee and conversation in the former Mill. The renovated facility opens in mid-December.

WC Pope , Courtesy of Air

Movies

All movies play at 7 p.m. unless indicated otherwise. Movie synopses are available at www.aafes.com/ems-/default.asp.

Bitburg Castle

Today
The Rundown ((PG-13)

A bounty hunter travels to the South American jungle to settle a debt but realizes that the bad guy isn't the bad guy. The two join forces to search for hidden riches in Helldorado while avoiding the town's evil kingpin.

Saturday
Freddy vs. Jason (R)

Freddy Krueger is in hell. While there he resurrects Jason. Jason is the perfect means for Freddy to once again instill fear on Elm Street, creating a window of opportunity for him to emerge from his purgatory.

The Rundown (10 p.m.)

Sunday
S.W.A.T. (PG-13)

A new team is quickly thrown into action and is pursued by a ruthless and well-armed band of reward seekers when a notorious drug lord offers a \$100 million reward to anyone who can free him from police custody.

Closed Monday and Tuesday

Wednesday
Open Range (R)

Four cattle herders roam the countryside in the final years of the Wild West. They eventually team up to rid a remote town, Harmonville, from the machinations of a ruthlessly evil rancher.

Thursday
Freddy vs. Jason

Spangdahlem Skyline

Today
Out of Time (PG-13)

Matt Lee Whitlock is a respected police chief in Banyan Key, Fla. When the town is shocked by a double homicide, Whitlock finds himself under suspicion.

Sea Biscuit (PG-13, 10 p.m.)
Johnny Pollard, Tom Smith and Charles Howard find a hero in an average horse named Seabiscuit.

Saturday
The Medallion (PG-13)

Eddie, a Hong Kong cop, suffers a near fatal accident while investigating a case involving a mysterious medalion. Eddie faces an evil force that wants to use it.

Out of Time (10 p.m.)

Sunday
The Medallion (4 p.m.)

Sea Biscuit

Monday
Out of Time

Tuesday
The Medallion

Closed Wednesday and Thursday

Times and movies are subject to change.
For the most current information,
call 452-9441.

Roll out the barrel!

Germans celebrate the Munich Oktoberfest the traditional way with liter mugs of pilsner beer, extra-large hot pretzels and Bavarian music in a festival tent. Team Eifel can celebrate October the traditional way at the Wittlich Oktoberfest taking place each Thursday, Friday and Saturday now through Nov. 29. The event features Bavarian bands, and food and drink specialties. Bands begin playing at 7 p.m. Cost to enter the festival tent is 3 euro.

Iris Reiff

Skating for fitness, pleasure ... go figure!

Bitburg ice rink local winter hot spot for leisure, sports

By Iris Reiff
52nd Fighter Wing Public Affairs Office

Ice-skating is a popular winter sport in Germany because it's a good way to stay in shape despite the cold. At the same time it's a great opportunity for Americans to meet German people.

Team Eifel members who would like to try the sport can do so at the Bitburg ice rink. According to ice rink officials, about 50,000 people visit the rink annually.

At times the rink is reserved for training by the Bitburg ice skating association and for hockey games and practice. Training hours are posted on the training board in the rink lobby. Although people can't skate during training hours, hockey, curling and figure skating fans are welcome to watch.

Monday through Friday from 8:30 a.m. to 12:30 p.m. the rink is crowded with school students who play hockey at special rates. Tuesday and Thursday from 2-6:30 p.m. the rink offers family discounts. The rink features disco skating for youth each Saturday from 7 a.m. to 10 p.m.

Sometimes the rink offers "Spielfeste" or play festivals on ice and other events featuring jugglers, acrobats, a fire show, clown workshops and skating demonstrations.

The rink complex also features an entertainment section, which offers a party room, speed hockey table, a German football table and a climbing wall. A fast-food restaurant and a skating equipment store are also on-site.

The Bitburg Ice Sports Association or "Eissportverein Bitburg e.v." offers activities for people of all ages. Information and membership applications are available at the cashier.

The rink is closed on Christmas Eve, Christmas Day, New Year's Eve and Fasching Sunday. It's open on New Year's Day

Out and About

The 52nd Services Squadron Information, Tickets and Tours office offers the following trips in November. Call 452-6567 or visit the ITT office in the base community activities center for more information.

■Florence and Venice, Italy, for two nights, Nov. 26-29. Cost is \$369

for adults, \$330 for children.

■London for two nights, Nov. 26-29. Cost is \$359 for adults, \$259 for children.

■Rothenburg Christmas market, Nov. 29. Cost is \$42 for adults, \$37 for children.

52nd Services Squadron Outdoor

Bitburg ice rink hours

Monday

8:30 a.m. to 12:30 p.m.

Tuesday and Thursday

8:30 a.m. to 12:30 p.m. and 2-6 p.m.

Wednesday and Friday

8:30 a.m. to 12:30 p.m. and 2-10 p.m.

Saturday

2-10 p.m.

Sunday

10 a.m. to 8 p.m.

at 2 p.m. Information about ice hockey, figure skating and curling is available by calling 06561-8447 or by e-mailing eissporthalle.bitburg@t-online.de.

To get to the Bitburg ice rink, travel B-50 from Spangdahlem Air Base to the roundabout. Turn right toward the town center until reaching a white "Eissporthalle" sign to the right. The rink is located on the left near the Bitburg brewery.

For more information on rink hours and prices, call 06561-8447 or visit the rink's Website at www.eissporthalle-bitburg.de.

Recreation offers the following trips in November. Call 452-7176 for details.

■North Sea fishing trip, Dec. 7. Cost is \$85.

■Valkenburg caves, Holland, Christmas shopping, Dec. 7. Event cost of \$30 includes transportation, cave entry and a castle tour.

Fitness centers offer rookies physical fitness guidance, tips

By Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON -- Air Force fitness experts say airmen must begin preparations now if they want to pass the new fitness evaluations in January.

"They need to start training today for year-round fitness to meet mission readiness. They must include running, push-ups and crunches into their program," said Sylvia Goff, an exercise physiologist at the Bolling Air Force Base, D.C., health and wellness center.

Ms. Goff said the new fitness standard may cause concern for airmen who haven't been to the gym for some time. Some concerned about injury they may receive from running, she said.

Shin splints, a common ailment associated with new runners, is an inflammation of the tibia. Symptoms include pain in the front portion of the lower leg. Tammy DeCoux, Air Force Services Agency's fitness and sports office program manager said the injury is caused by overuse and the shock from running on hard surfaces.

Treatment includes rest and ice, if needed, said Ms. DeCoux. Prevention involves varying running surfaces, proper stretching, proper shoes and conditioning.

Airmen who are completely unfamiliar with physical training and conditioning, or with proper diet and weight-loss techniques, can find help on base. Local health and wellness centers, as well as fitness centers, can play a key part in helping airmen prepare their bodies for the demands of the new fitness standards, said

Spangdahlem AB fitness center hours

The base fitness center is open Monday-Friday from 4:30 a.m. to 11:30 p.m. and Saturday, Sunday and holidays from 8 a.m. to 8 p.m. Call the center at 452-6634 for class schedules and other fitness information.

"It is the role of the (health and wellness centers) to develop fitness programs for both individuals and for units," said the Air Force Services Agency's fitness and sports office program manager. "Base fitness centers can provide ... the equipment and guidance needed to carry out those fitness programs. Additionally, we have fitness experts in the centers to help individuals train, one-on-one."

For airmen who want to start preparing for the running portion of the fitness evaluation, the exercise physiologist recommends combining walking and running.

"Alternate running and walking until you are able to sustain a run," she said. "Some will be able to sustain the run a lot sooner than others. Once you can sustain the run, you want to increase your speed by no more than 10 percent per week."

Power lunch

Above: Staff Sgt. Pete Rivera lifts weights as part of his daily workout routine. Lifting weights is one way to increase muscle tone and prepare the arms and chest for doing push ups, which are a part of the Air Force's new fitness test, said the 81st Fighter Squadron workgroup management NCOIC. Left: Staff Sgt. David Marques, 52nd Dental Squadron technician, takes a breather after completing a set of lifts with 100-pound weights in each hand. The Spangdahlem AB fitness center offers introduction to weightlifting classes the first Thursday of each month. Call the center at 452-6634 for more information.

Photos by Airman 1st Class Amaani Lyle

Sports Shorts

Women's basketball

The Spangdahlem AB women's varsity basketball team seeks players who are interested in traveling to bases throughout Germany to compete. Call 452-6634 for more information.

Bulge march

The annual Battle of the Bulge memorial walk starts Dec. 20 at 8 a.m. at the Taverne l'Europa on McAullife Square in Bastogne, Luxembourg. Events include a wreath laying ceremony, a parade and the traditional "Nuts!" toss from the town hall. The registration cost of 3.50 euro or \$4 includes insurance, a certificate of participation and a souvenir. Contact Ed Lapotsky via e-mail at ed.germany@t-online.de or fax 0-49-65078-02617 before Dec. 1 to register.

Youth sports news

The Spangdahlem AB Youth Center is now taking place at the base youth centers located in building 427. It's open Monday-Friday from 6:30 a.m. to 6 p.m. Call 452-7545 for more information.

■Winter youth sports program registration is now taking place at the base youth centers Monday-Friday from 8 a.m. to 5 p.m. Sign-up for basketball and cheerleading continues through Dec. 1. Wrestling registration continues through Jan. 3. The programs are for children ages 5-15. Children must have turned 5 before Dec. 1 and not turn 16 before March 15. Cost is \$30.

■Parents Association for Youth Sports is a

new mandatory base program that focuses on parental conduct and involvement in youth sports. The three-part program includes a parental code of ethics, a 30-minute online course and a mandatory briefing. Cost for the online course is \$6 per family. The cost is refunded to the parents upon course completion.

■Youth center officials seek volunteers to help with the sports program. Applications are available at the center customer service desks.

Golf news

The Eifel Mountain Golf Course Pro Shop is located in Spangdahlem AB building 58, on the northwest end of Perimeter Road. Call 452-6821 for details.

■The Golf Factor Christmas Challenge takes place Dec. 6. Contests include a Santa sack race, a mystery eggnog gulp and a Yulelog stack. Prizes include \$25, \$50 and \$100 cash awards. Call for more information on this Project Cheer event.

■A Golf Factor challenge takes place Jan. 17 as a part of Project Cheer. Competitions include a frozen sumo-wrestling contest, a super burger eating race, a mystery drink challenge and a golf bag assembly. Prizes include \$100 cash awards.

■The golf course grill is now open Monday-Friday from 6-11 p.m.

Spinning classes

The spinning schedule for Monday through Nov. 21 at the Spangdahlem AB fitness center is as follows:

■Strength and interval class Monday, Wednesday and Friday at 6 a.m.

■Strength and endurance classes Monday and Friday at 11:30 a.m.

■Beginner instructor training Tuesday and Thursday at 6 a.m.

■Beginner classes Tuesday and Thursday at 9 a.m.

■Advanced class Monday at 5:30 p.m.

■Endurance class Tuesday at 11:30 a.m.

■Strength and interval classes Tuesday and Wednesday at 5:30 p.m.

■Beginners trail riding Wednesday at 11:30 a.m.

■Strength class Thursday at 11:30 a.m.

Fitness classes

The aerobics and fitness schedule for Monday through Nov. 21 at the base fitness center is as follows:

■Legs, arms and butt classes Monday at 9 a.m., Tuesday at 6 a.m. and 5 p.m., and Thursday at 5 p.m.

■Five-for-two classes Monday, Wednesday and Friday at 11:30 a.m.

■Circuit training Monday, Wednesday and Friday at 3:30 p.m.

■Yoga classes Monday at 3:30 p.m. and

Thursday at 11 a.m.

■Kickboxing Monday and Wednesday at 5:30 and Thursday at 6 a.m.

■Sculpting classes Tuesday and Thursday at noon

■Step tone classes Wednesday and Friday at 9 a.m.

Also, yoga classes take place Tuesday and Thursday at 4:30 p.m. at the Bitburg Annex fitness center.

Volksmarching

The Eifel Wanderers take a trip to the Strasbourg Christmas market for a candle-light volksmarch in Erstein, France, on Dec. 6. Cost is 25 euro for adults, 20 euro for children. Call Theresa Stevens at 06569-963184 or e-mail chatterbox@gruenewald.de for more information.

Ski trip

A singles leadership seminar and ski retreat takes place Jan. 12-16 in Mittersill, Austria. The retreat includes three days of skiing and four days of spiritual training. It's open to all ages and faiths, but is singles focused. Attendees may use permissive TDY or leave with their supervisor's permission. Registration deadline is Jan. 6. Call the base chapel office 452-6711 or Tech. Sgt. Tim Bolton at 452-6922 for more information on this Project Cheer program.

